



SEPTEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	To Contact a Breastfeeding Peer Counselor near you: Mara: (410) 829-8655 [Spanish] Karen: (410) 829-9210 (Lactation Consultant)		
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:15 pm To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext. 5231
22/29	23/30	24	25	26	27	28



OCTOBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



NOVEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					1	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:15 pm To reserve your space: call 410- 822-1000, ext. 5231 or 410-228- 5511, ext. 5231
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving	29 American Indian Heritage Day	30